



## Well...what *WILL* you eat?

Ending Food Fights and Raising a Competent Eater  
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November 15, 2016

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## Breaking the Ice

- In groups of 5-6 (or at your table), find objects around the room for each letter of the alphabet A-Z
- YOU MUST STAY IN YOUR SEAT
- First team to get all letters raise your hands...and get a prize



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## Nutrition from the start

- Maternal nutrition and setting the stage
  - Considerations for nourishing mom and fetus
  - Magic of "first tastes"
  - Breastfeeding support and guidance
  - When to refer- community programs
- Building a lifetime relationship
  - Intuitive, secure feeding
  - Division of Responsibility (Intro)
- Bringing baby to the table
  - Importance of First Foods
  - Watch them grow! (Growth grids, BMI and the "principle's office")
  - Mealtime conversations
- Avoid food fights
  - Division of Responsibility (in-depth)
  - Normal child behaviors and well-meaning adult reactions
  - Simple strategies for stress-free feeding



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## + Nourishing mom, nourishing baby

- n Adequate calories: weight gain
- n Adequate vitamin/mineral intake
  - n Prenatal Vitamins
  - n Variety of food
  - n Critical for proper neurological development
- n Sets the stage for successful breastfeeding
- n Begins modeling of healthful eating behaviors




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## + First "tastes"




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## + Building a Lifetime Relationship



Intuitive feeding, food security and the worries

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## + Breast is BEST

- n Optimal Nutrition
  - n Growth factors
  - n Antibodies
  - n Bioavailable nutrition
  - n Gut health
  - n And more!
- n Feeding relationship
  - n Intuitive practices
  - n Food security
- n *Support moms above all*




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## + Intuitive Feeding

- n Baby sets the "schedule"
- n Variability is OK and parents let baby take the lead during this dance
- n Whether bottle feeding or breastfeeding- same principles apply
- n Speak your baby's language
- n Common worries:
  - n Growth
  - n Is baby getting enough?
  - n What if...?
  - n Too hungry?
  - n Such a good sleeper!
- n Food security over the long term

*When babies & children aren't allowed to eat intuitively, they will be perceived as "picky" by adults*

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## + Breastfeeding Resources

- n WIC
  - n Peer Counseling for 1<sup>st</sup> time mothers
  - n Support Group
  - n Lactation Educators
- n La Leche League
  - n <http://www.llli.org/web/idaho.html>
- n Hospitals
  - n Prenatal Classes
  - n Support groups and Lactation services

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## + Additional Referrals

- n SNAP
  - n Food Stamps, Cooking Classes, Nutrition Ed
- n 2-1-1 Idaho CareLine
  - n Multiple languages
  - n Help across the state
- n Infant Toddler Program
  - n [www.infanttoddler.idaho.gov](http://www.infanttoddler.idaho.gov)

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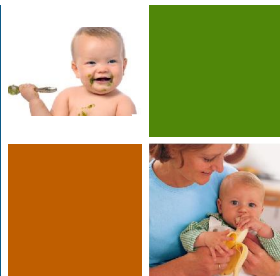
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## + Bringing Baby to the Table



First foods, growth, and the picky eater

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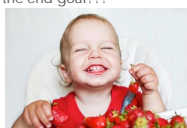
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## + First Foods- around 6 months

- n Babies are born with a "sweet tooth"
- n Introducing whole, "real" family foods in appropriate textures helps to build eating competency
- n Standard progression of purees:
  - n Iron-fortified cereal
  - n Fruit/veg
  - n Proteins and meat
  - n Yogurt/cheese
- n Starting foods early will NOT help baby sleep through the night
  - n Associated with obesity, food intolerances and decreased sleep
  - n What is the end goal???
- n Purees are just practice
- n Texture progression
  - n Baby-led weaning
  - n Finger foods
  - n Baby "junk food"




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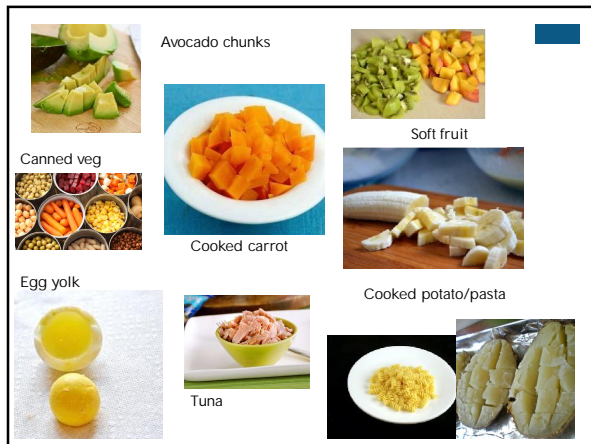
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### + Mealtime routines

- Once baby is old enough, mealtimes will strongly coincide with the family's schedule
- Everyone has a role, everyone is regarded and included
- Eat together
- Division of Responsibility begins to adjust- parents begin to decide when/where
- Pleasant conversation

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### + Parents try to get their kids to eat

- Pressure
  - Coercing
  - Bribing
  - Urging
  - Forcing
- Enabling
  - Short-order cooking
  - Inappropriate Division of Responsibility
  - Lack of variety
- Disregarding Development
  - Feeding child although she's perfectly capable
  - Inappropriate textures/presentation
- Disregarding Autonomy
  - Ignoring child's hunger/satiety cues
  - No messes!
  - Do this, not that

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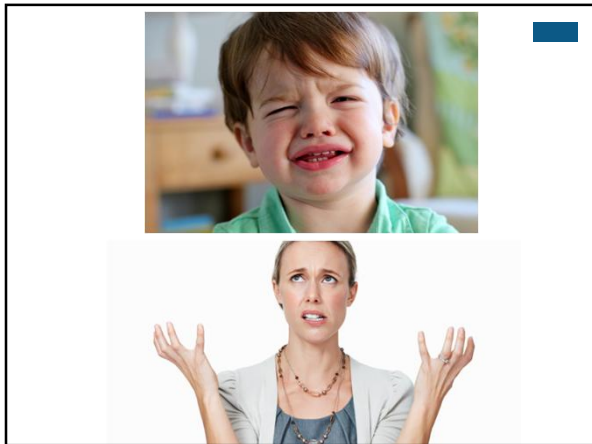
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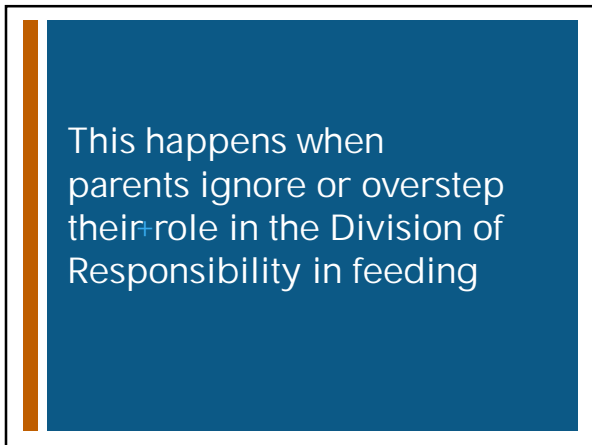
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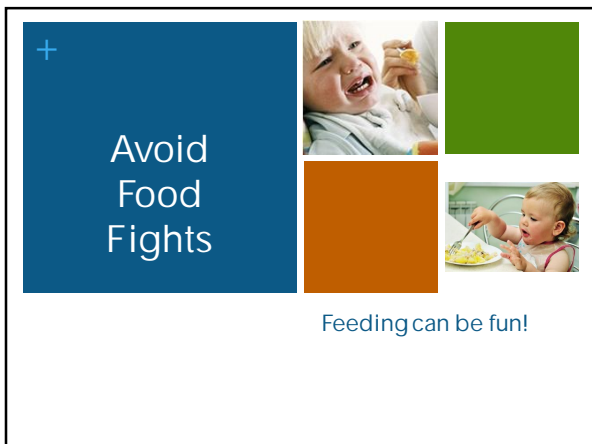
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## + Picky Eating

What exactly is it?

- n Preferential Eaters- shun new or mixed foods
- n Sensory-dependent- certain textures or smells unacceptable
- n General perfectionists- specific needs like foods not touching, exact amounts in exact placement
- n Behavioral responders- cringe or gag when food isn't "right"; may refuse to come to table

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## + Trying something new

- n It can take 20+ times of tasting a new food before a child decides to like it
- n Touching, smelling, mixing with other foods, "playing" with the food should be allowed
- n Removing it from the mouth is allowed
- n Don't associate liking a food with being "good" or "bad"
- n No Thank-You Bite?

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## + "How do I get my child to eat?"

- n That's not the parent's job
- n Division of Responsibility
  - n Parents decide what/when/where
  - n Child decides how much/whether
- n The parent's job is to raise a *competent eater*

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## + Raising a competent eater

- n Practice Division of Responsibility
- n Offer (and eat) a Variety
- n Family meals
  - n Model behaviors
  - n Sit at the table
  - n Build routine
  - n One meal for all
- n Acknowledge behaviors objectively
- n Allow for autonomy
  - n Child can feed as independently as appropriate
  - n Child determines how much he/she needs
- n Be patient with exploring new foods, pace of the meal and appetite fluctuations
- n Keep the environment safe and pleasant

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**TEAM  
WORK!**




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